



BULGARIAN FEDERATION OF AESTHETIC GROUP GYMNASTICS

БЪЛГАРСКА ФЕДЕРАЦИЯ "ЕСТЕТИЧЕСКА ГРУПОВА ГИМНАСТИКА"

***INTERNATIONAL FEDERATION OF  
AESTHETIC GROUP GYMNASTICS  
and  
BULGARIAN FEDERATION OF  
AESTHETIC GROUP GYMNASTICS***

***Organize***

***IFAGG International training camp 2024***



***SOFIA, BULGARIA 11-13 JULY 2024***



Dear Friends,

**INTERNATIONAL FEDERATION OF AGG and Bulgarian federation of AGG** has a pleasure to invite you to participate in the **FIRST international** training camp in Sofia, Bulgaria.

Gymnasts will be divided into groups according to age and level of technical skills. Participants will practice:

- physical exercises;
- working for coordination, flexibility, muscle control, endurance;
- explore body movements elements;
- working balances and jumps/leaps
- ballet exercises;
- Dance steps

During the camp gymnasts will have a opportunity to work with:

- **World champions of Bulgarian AGG National coach [Kristina Tasheva](#)**
- **World champions of AGG team Madonna coach [Sonja Glizina](#);**
- International AGG judge **[Elena Dukova](#)**
- **The World champions from Bulgaria 2022** – The National team gymnasts

**IFAGG and BFAGG organize the camp on 11.07 – 13.07.2024:**

**10.00 – 13.00- Training in groups**

**13.00-14.00 – Lunch break**

**14.00-17.00 – Training in group**

Place - Sofia – Asics Arena sport hall





## FINANCIAL CONDITIONS

<b>Price list</b>				
	<b>Period</b>	<b>For Gymnasts</b>	<b>For Coaches</b>	<b>Additional Information</b>
<b>Participation fee - Training camp for 3 days</b>	11-13 July	200	200	Only participation fee
<b>Lunch meal</b>	Day	15	15	Served in sport hall with additional order

## IMPORTANT INFORMATION:

### DEADLINES

[https://www.rgform.eu/event.php?id\\_prop=6905](https://www.rgform.eu/event.php?id_prop=6905)

- ENTRY FORM NOT LATER THAN **1 July 2024**
- Payment of the course have to be made by bank after receiving invoice from the organizers

### INSURANCE:

ALL DELEGATION MEMBERS MUST HAVE VALID INSURANCE AGAINST ILLNESS, ACCIDENTS AND REPATRIATION.

## Bank account

Bank: UBB Bank

IBAN: **BG64UBBS88881000977359**

BIC: **BUIBBGSF**

Address: **Sofia, Bulgaria, bld. Vitiosha 89**

Name: **Bulgarian federation of AGG**



BULGARIAN FEDERATION OF AESTHETIC GROUP GYMNASTIC

БЪЛГАРСКА ФЕДЕРАЦИЯ "ЕСТЕТИЧЕСКА ГРУПОВА ГИМНАСТИКА"